



FUE Hair Transplant Post-Treatment Instructions

POST-CARE

- Please do not take any NSAID's besides Tylenol (Tylenol is in Percocet already).
- Alcoholic beverages, ibuprofen (advil/motrin) and aspirin are not to be taken for 48 hours after surgery.

EMERGENCY INSTRUCTIONS

You have had a hair transplantation surgery. Minor bleeding on the surgery sites is normal the first night after the procedure. If excessive bleeding occurs anywhere on the scalp and cannot be stopped by firm pressure and application of ice to the area for a period greater than 20 minutes, then you must proceed to the nearest hospital emergency room or urgent care center. Please call your doctor's office and take this form with you.

CARE OF TRANSPLANTED AREA

At the time of surgery, your scalp was thoroughly cleaned of crusts, but these will tend to re-form soon after your procedure. Care should be taken while cleaning the transplanted site during the 2 weeks following surgery, because it is during this period that the healing mechanisms of your body secure the grafts firmly in place. However, appropriate care of the recipient area will minimize crusting and make the transplant less noticeable and the healing more rapid.

When you arrive home after your procedure, please stay in bed and rest for the remainder of the day/evening as the medications you were given to you during your procedure will make you tired. Rest and sleep in an elevated position 35-45 degrees (with additional pillows) on your back to help prevent facial swelling and to foster optimal healing.

A pressure dressing will be applied to the back of your scalp where grafts were harvested. This dressing should remain in place for 2 days. After 2 days, you may remove the pressure dressing. All donor sites should be closed up and on their way to healing. Apply Bacitracin ointment may be used over the donor area once daily for 3 more days.



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In occasional instances, minor bleeding may occur from the transplant site and/or donor area. This can be controlled by applying gentle but **firm** pressure on the area for 5-10 minutes with a dampened gauze pad. **Press only, do not rub.**

You may experience **itching** around the newly implanted grafts. To ease this discomfort, we recommend you fill a small spray bottle with saline and spray the grafts at least 3-4 times daily to keep them moist.

Two days following surgery, remove your bandages. Only after 48 hours, may you gently wet the hair.

Add Baby Shampoo to a cup of warm water. Angle your shower head from the neck down. Use a large cup when you take a shower to wash your hair. Fill it with a small amount of Johnson & Johnson Baby Shampoo and lukewarm (NOT HOT) water. This will create a lather. Pour this mixture onto your entire scalp and spread the shampoo over the sides and back of the scalp

Pour the water gently over the transplanted area and donor area. Do not touch the grafts. Do not expose your scalp to direct shower water. Lift up the hair in the back of your scalp so the water may irrigate the donor area as well. Stop soaking your head as soon as the shampoo is rinsed off. It is not necessary to remove all of the crusting during the first shower. Repeat the showering and gently shampooing daily.

Rinse lightly in the shower with a cup filled only with water. Do not allow full strength streaming water from the shower head to make contact with your scalp. This may cause your grafts to dislodge, especially within the first 5 days. Wash your scalp daily with this delicate routine for the first 2 weeks.

On the third day after the procedure, shower and shampoo daily and continue this regime for 7 days. It is important when shampooing, or rinsing the transplanted area, that you are gentle for the first 7 days following surgery. DO NOT RUB, PICK, OR SCRATCH, as this may dislodge grafts.

From one to four weeks post-op you can expect that some transplanted hair will begin to shed. This is a normal process and should not be a concern. The healthy hair follicles are firmly in place



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at seven days post-op and cannot be dislodged. If there is still any residual crusting at this time, you may rub them off in the shower. First soften the crust by soaking them in the shower under Direct running water and then, using regular shampoo, massage them off. If this is not done, the crust will eventually fall off naturally as the hairs are shed. Please note that when hairs are shed, there may be a crust at the top and a bulb at the bottom. Remember the bulb is not the root (the growth part of the hair follicle). It is normal for the hair, bulb and associated crust to be shed and this does not represent a lost graft. If a graft is actually lost (something that may occur the first two days following the procedure) there will be bleeding at the site of the loss graft. Therefore if you don't see any bleeding don't be concerned.

Scabbing will form over the transplant sites and solidify the first few hours after the procedure. These scabs will naturally fall off within 2 weeks. **Do not pick or scratch** at these scabs at any time. To do so can endanger the healing of the graft and could cause scarring or chance of infection. Do not be alarmed if there are short hairs in scabs when they fall off. The hair bulb remains inside the skin. It is natural to lose the hair shaft.

After 2 weeks you can begin to wash your hair normally.

SMOKING

Smoking causes constriction of blood vessels and decreased blood flow to the scalp, predominantly due to its nicotine content. The carbon monoxide and smoke decreases the oxygen carrying capacity of the blood. These factors may contribute to poor wound healing after a hair transplant and can increase the chance of a wound infection and scarring. Smoking may also contribute to poor hair growth. The deleterious effects of smoking wear off slowly when one abstains, particularly in chronic smokers, so that smoking puts one at risk to poor healing even after smoking is stopped for weeks or even months. Although it is not known exactly how long when should avoid smoking before and after a hair transplant A common recommendation is to abstain from one week prior to surgery to two weeks after the procedure.

SUN



FUE Hair Transplant Post-Treatment Instructions

Please avoid unprotected exposure to sunlight for three months. Wear a hat when you were going to be curbside. Outside. After two weeks you may use a strong sunscreen with a SPF of 30+.

POST OPERATIVE PIMPLES

Virtually everyone will develop a few pimples in the recipient area starting at about a month following surgery and continue for several months these are new hairs breaking through the skin you occasionally can be confused with a true infection, but pimples tend to resolve on their own in 3 to 4 days. As individual pimples resolved, new ones may crop up. they generally do not require treatment. Larger pimples can be unroofed by removing the thin top layer of skin with a sterile needle, and then any fluid can drain. If more than just if you develop at one time, or the skin in a larger area become swollen, red, tender and hot, then you should call us as antibiotics or drainage by the doctor may be necessary.

Ingrown hairs may cause a cyst to develop in the area of a graft. They can develop over a graft that was placed several months earlier. Cyst present as a local swelling and redness, with or without tenderness. We can treat these easily in the office.

If the donor or transplanted area becomes infected, swelling, pain, or tenderness may be present. There also may be a discharge or pus in operating areas. Fever and or chills are also indications of infection. If any of these conditions should occur, please contact the office.

NUMBNESS

Numbness, tingling or similar sensations may occur temporary on your scalp. These are the results of cutting small nerve endings in the skin during the course of harvesting the donor graphs and creating the recipient sites. This generally disappears within a few weeks to months, as nerve endings regrow.

HAIR COLORING AND COSMETICS



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Do not dye your hair for 6-8 weeks following the procedure. Do not use cosmetic camouflage agents (such as Toppik) for at least four weeks following your procedure. A semi-permanent color should be used instead of a permanent hair color that may cause damage to your new grafts. Permanent hair color can be used 3 months after your surgery.

ROGAINE

Wait 1 month before resuming Rogaine 5% foam. Propecia can continue to be used.

STYLING

When combing and styling your hair, make sure to do so while the hair is wet. Comb the hair in an "up and over" manner. This will eliminate the chance of scratching the scalp and dislodging the grafts. Do not use any hair products not recommended by the physician for the first 14 days.

HATS

Hats may not be worn the first 2 days. After day 3, do not wear a hat unless you have to or intend to be outside for more than 30 minutes under bright sunlight. We recommend wearing an adjustable (not fitted) cap. Do not wear a hat that collapses or touches your scalp (beanie, wool cap, etc.), especially where grafts were placed. If you plan to be outside for more than 30 minutes, you may begin using a spray sunscreen after 2 weeks or after all scabs have fallen off to help protect your grafts. Avoid excessive sun exposure on your grafts. Optimal to use an umbrella instead, or stay inside during daylight hours and away from bright windows.

EXERCISE

Avoid weight lifting and intense workouts for 14 days. Most activities in the work place should be easily resumed a day or two after the procedure.

Please consult with your physician immediately if you have any questions or concerns.

Should you have any questions concerning any aspect of your procedure, please call or text the office at: **(202) 333-4445** and email info@helaspa.com.